

## 2019 - PROCLAIMED THE YEAR OF HEALTHY LIVING

WHEREAS something different is happening in Airdrie. A new energy is moving through our community which draws strength from the collaborative spirit of our pioneer roots and shows us opportunity to flourish, grow and lead healthy lives as individuals and as a community, and

WHEREAS individuals within the community can be empowered to *Own Their Own Health* and the community as a whole can, together, *Own Our Own Health*, and

WHEREAS “healthy” is our mental and physical well-being. It extends to our minds, spirit, and our environment, too, and

WHEREAS good health and wellness result in fuller lives, happiness, strength and prosperity, and

WHEREAS we are fortunate to live in a place with some of the best doctors, and health care workers and technologies in the world, and

WHEREAS we recognize our opportunities for fulfillment, activity, connection, and purpose happen naturally within our individual daily lives, and

WHEREAS health and well-being also requires the support of our entire community, bringing together citizens, families, private sector and government to ensure that everyone living in Airdrie has the knowledge to make informed health decisions in a city that actively promotes and protects good health and wellness, and

WHEREAS well-being begins at home and every individual should adopt an active and healthy lifestyle, and

WHEREAS healthy individuals make up healthy families. Healthy families make up healthy communities, and

WHEREAS as we thrive as individuals, as families, as neighbours, and as a community, so too does our city. Together, we will make *Airdrie Canada’s Healthiest Community*.

THEREFORE I/we proclaim 2019 the Year of Healthy Living. *Abrio. Own Our Own Health*